



## *Healthy Recipes: Moo Shakes*

### **Moo Shakes**

Ingredients:

- 1/8 cup orange juice
- 2 ice cubes
- 1/4 cup organic vanilla low-fat yogurt (can also use Lactaid yogurt or soy yogurt)
- 1/4 cup sliced strawberries and/or 1/4 cup sliced bananas.

Children measure and pour ingredients into blender. They put the cap on and push the buttons until blended. Pour into cups. Each recipe serves 2 children.

Provided by: Harriet Worobey, M.A. and Kim Scarpa, R.D.

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